
INFINITE INDIVIDUAL "I"

1. We often do not recognize the truth of Walt Whitman's saying, "I am not all contained between my hat and my boots," and forget the two-fold nature of the I AM—that it is at once both the manifested and the unmanifested; the universal and the individual.
2. By losing sight of this truth we surround ourselves with limitations; we see only part of the self, and then we are surprised that the part fails to do the work of the whole. Factors come up on which we had not reckoned and we wonder where they come from and do not understand that they necessarily arise from that great unity in which we are all involved.
3. (Man must realize) that he himself is none other than the same universal principle in particular manifestation. And when he sees this he sees that Walt Whitman's saying is true and that his source of intelligence, power and purpose is in that Universal Self which is his as well as another's just because it is universal, and which is, therefore, as completely and entirely identified with himself as though there were no other expressions of it in the world.
4. It means that there are not two Spirits, one of which is myself and one which is another. It means that there is not some great unknown power external to myself which may be actuated by perfectly different motives to my own, and which will, therefore, oppose me with its irresistible force and pass over me, leaving me crushed and broken. It means that there is only one mind, one motive, one power—not two opposing each other—and that my conscious mind in all its movements is only the one mind expressing itself as (not merely through) my own particular individuality.
5. There are not two I AM's, but one I AM. Whatever I can conceive the Great Universal Life Principle to be, that I AM.
6. This is the meaning of prayer. Prayer is not a foolish seeking to change the mind of Supreme Wisdom, but it is an Intelligence seeking to embody that wisdom in our thoughts so as to more and more perfectly express IT in expressing ourselves. Thus, as we gradually grow into the habit of finding this inspiring Presence within ourselves. . . it will become second nature to us to have all our plans down to the apparently most trivial (become) a great harmony on our lives (so that) every discordant manifestation will disappear and we shall find ourselves more and more controlling all things into the qualities that we desire.
7. Let us try fully to realized what this means. Can you conceive the Great Originating and Sustaining Life Principle of the whole Universe as poor, weak, sordid, miserable, jealous, angry, anxious, uncertain, or in any other way limited? We know that this is impossible. Then because the I AM is one, it is equally untrue of ourselves. Learn first to distinguish the true self that you are from the mental and physical processes which it throws forth as the instruments of its expression, and then learn that this self controls these instruments, and not vice versa this is impossible.

8. As we advance in this knowledge we know ourselves to be unlimited, and that, in the miniature world, whose center we are, we ourselves are the very same overflowing of Joyous livingness that the Great Life Spirit is, in the great ALL . . . the I AM IS ONE.
9. No longer is it "if the blind lead the blind both shall fall into the ditch," but because we are companions of the Spirit . . . and have changed not "the mind of the Spirit," but our own, and have learned to think from a higher standpoint where we see that the old world saying "know thyself" includes the knowledge of all that we mean when we speak of God; then this becomes the freedom of all our experiences.

—The Hidden Power, Thomas Troward

10. A principle has no limit, no place, no time; and all that is expressed outwardly comes from that Infinite Principle of the I AM within man. The I AM THAT I AM is unhurttable and untouchable. It cannot be diseased. It is Omnipotent. It is Omniscient. It is immaculate. It is Pure. The I AM THAT I AM IS YOUR SELF. Walk with your Self. Swell with the Eternal. Have the faith of God, faith in your Self. That is not arrogance. This is the confidence that comes from knowing the I AM. It is not presumption. You cannot approach it by those means. It is that confidence which comes from within. Go forth . . . knowing . . . that Self within you. Speak the name of the Father. Repeat the name: I AM THAT I AM. It is the name of authority and power and order and law, the name of command, the name of assertion, the name of love and confidence. That is your name. You all bear that name. Walk in that name. Uphold it as your name. Revere it and hallow it. It is yours. That is true Self respect.

—The Spirit of Prayer, H. B. Jeffrey

11. Jesus proved himself to be the Prophet of whom Moses had spoken. He made the recognition of the I AM the sole foundation of his work; He placed before men the same radical and ultimate conception of Being that Moses had done, but from the standpoint of the Universal: Jesus elaborated it from that of the individual. The work of Moses must necessarily precede that of Jesus, for if the Universal Mind is not in some measure apprehended first, the individual mind cannot be apprehended as its image and reflection.

—Bible Mystery, T. Troward

12. I AM is both the manifested and the unmanifested, the universal and the individual. (Man) himself is none other than the same Universal Principle in particular manifestation.

—The Hidden Mystery, T. Troward

13. What is God? (The answer is) I AM.
 God is the Mind, the Life of the Individual.
 There is but one universal "I" whether it is being spoken by Jesus Christ or John Smith.
 When Jesus revealed: "He that seeth me seeth him that sent me" he was revealing the universal Truth or Principle.
 The truth is that God is the Mind and Life of the individual.
 God is the only "I".
 God, or I AM, is universal, infinite, omnipotent and omnipresent.

—The Infinite Way, Joel Goldsmith

14. "Man can be only what God is." To "Be still and know that I am God" is to still all past opinions, to cease thinking our own thoughts or beliefs and to know that all that can say "IAM" is henceforth, I will say..."I AM WHAT GOD IS." I am wisdom, love, life, wholeness, strength, health, peace.
15. Never again will I intentionally say, "I am in ignorance, hate, death, lack, weakness, sickness, fear." I am none of these. I am spirit, child, offspring of the Most High; heir of Heaven; likeness of God.

I will never again take His name in vain by saying that I am what the only I AM cannot be.
 I will cease to affirm thoughts and feelings contrary to God.

God is my perfect being or nature.
 I AM is its name.
 Hallowed be this name.
 I am well; I am fearless; I am strong.

God brought forth the I am of me out of his own Being.

16. I AM: The Only ONE in the Universe.
 The all-inclusive Mind, Soul, Substance and Life.
 I am Spirit, living soul and body, for the "three" are the ONE I AM and its manifestation.

—Truth and Health, F.B. James